

HALIFAX metro®



Loblaw optimizes points

What did one giant say to the other giant? \$12.4 billion please

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Parent-to-be advisory

Explicit content: Metro's Q&A with author behind Reasons My Son is Crying

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No road show for the cup

Mooseheads say players not getting day with Memorial Cup, unlike recent winners

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RESTOCKING THE CABINET

IN BIG SHUFFLE, HARPER NAMES EIGHT NEW MINISTERS AND MOVES MACKAY TO JUSTICE

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BABY, IT'S HOT OUTSIDE

Scott Freill, left, Julia Woynar and Aaron MacPherson toss the ball around in the heat at Rainbow Haven Beach in Dartmouth on Monday. Temperatures hit above 30 C on Monday, with more seasonable temperatures expected later in the week. See story, page 5.

JEFF HARPER/METRO

Promoter 'not ashamed' of headliner

Chris Brown. Don't like? Don't buy, says Stephen Tobin

The promoter for the upcoming Energy Rush concert at Alderney Landing says he is "not ashamed" for naming Chris Brown as headliner, despite a recent backlash.

Stephen Tobin, owner of Drop Entertainment Group, said Monday he was expecting some controversy but wasn't prepared for the level of negative feedback.

"Make no mistake about it, we are not condoning Chris Brown's past behaviour," said Tobin of the R&B singer, who was convicted of assaulting girlfriend Rihanna in 2009.

"People are educated and wise enough to make their own decision, and if somebody does not support the artist they can show that dissatisfaction ... by simply not buying a ticket."

Over the weekend, Brown was announced as the head-

liner to the Aug. 31 show and some Haligonians voiced their disapproval on social media. Mayor Mike Savage and the Avalon Sexual Assault Centre also stated their disappointment.

Since the announcement, Rogers and Molson Coors have both pulled their Energy Rush sponsorship, but Tobin said that will have "no impact" on the show and said the controversy has only made Brown more determined to put on a "bigger and better" show.

"It's a very shortsighted reaction because at end of the day, there are still thousands of people who are interested in seeing this person," he said.

Tobin said five years later, the focus should be on the fact that Brown is an award-winning artist of "international calibre."

"He's trying to move on. I think we're sending a message that if somebody makes a mistake, you will never be forgiven." **HALEY RYAN/METRO**

More coverage, page 3



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Twitter

We asked readers if they were OK with Chris Brown coming to perform at Alderney Landing:

@Underscore_HFX: I'll show my lack of support by not buying a ticket. Urge everyone to do the same.

@kutiemusic: His music is amazing he gives a great live performance. His dancing energy ppl love his music his past personal life dnt matta

@amandarose768: We have bigger criminals than him running this city. If this was a rock and roll performer we would not be having this debate.

@sulliv16: No not at all! Yes what he did is in the past, but he disrespects women whether the crime was paid for or not. Disgraceful.

Facebook

Tara-Lea Murley: Tons of entertainers live less than desirable lives, we still support them. He made a mistake, hopefully he learned from it. People should separate the entertainer from the real person. They are not the same.

Nicole Pettipas: Absolutely not, and the reactions of his "fans" goes to show how misunderstood domestic violence really is. It's tragic.

Kathi Nielson Neil: The way I see it — unless we paint every man who has ever hit a woman in anger with the same brush — why do we continue to punish Chris Brown. He paid his price, his gf forgave him.

Cat Gallagher: Only cowards hit women!!!

Ben Cross: He's an unapologetic, disgusting human being. That being said we shouldn't stop him from coming here because of it. I (sadly) have to agree with the people saying if you don't like it don't go.

Review needed on booking acts: Mayor



Chris Brown performs during the 2013 Billboard Music Awards at the MGM Grand Garden Arena on May 19 in Las Vegas. ETHAN MILLER/GETTY IMAGES

Upset. Savage says he was disappointed when he heard Chris Brown, convicted of assault, would be performing in August



HALEY RYAN
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In light of the controversy surrounding Chris Brown as the Energy Rush headliner this summer, Mayor Mike Savage said there should be a review of how HRM facilities book entertainers.

Savage said he was disappointed when he heard

Brown, who was convicted of assaulting Rihanna in 2009, would be performing at the August music festival.

"His background is awful really, and I think to have him performing here sends a very poor signal to ... young fans," Savage said Monday.

The mayor said while he doesn't like it, and would've preferred to know about the decision in advance, a contract has already been signed between the promoter, Alderney Landing, and Brown himself.

"We have to do a review of how our facilities are booking contracts," Savage said, adding he would have exerted his influence over the decision if he was in a position to do so.

Quoted



as a father."
Mayor Mike Savage

"I don't think it's something we can stop," he added.

Savage said although he let the promoter know that he was "not impressed" by the move, the mayor added he doesn't want to dictate who people can and can't listen to.

The Avalon Sexual As-

"It's personally difficult for me, as a mayor, but also

sault Centre said Monday that Brown should not be allowed to perform since HRM and Nova Scotia have a "critical problem" with sexualized violence.

"By inviting Chris Brown ... to perform here sends a message that if a person is talented, his/her past actions do not matter," said the release.

Mayor Savage said he thinks it's a "good thing" people are expressing their concern, and the backlash has been heightened "because domestic abuse is a hugely important issue."

"At the end of the day, people will have to decide if they want to go and see Chris Brown. I won't be there," Savage said.

1 NEWS



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Nova Scotia River. Halifax woman, 71, drowns

Police are investigating after a 71-year-old Halifax woman drowned in the Lahave River on Sunday.

Just before 9 p.m., police responded to a call of a drowning woman in Lunenburg County near Dayspring. Neighbours saw her entering the water and not coming back up.

They attempted to rescue her with a Sea-doo and brought her to shore. EHS was

Unidentified

Police say the victim's name isn't yet being released.

called but she could not be resuscitated.

The investigation by RCMP and the Medical Examiner's Office is continuing, and an autopsy has been scheduled. **METRO**

Cape Breton. ATV crash sends two to hospital

RCMP say two people were taken to hospital with life-threatening injuries after two all-terrain vehicles collided in Cape Breton's Inverness County.

Police say the crash happened Sunday on Whycomagh Port Hood Road in Glencoe. According to police,

the two drivers, a 20-year-old man from Blues Mills and a 21-year-old man from River Denys, were initially taken by ambulance to Inverness Consolidated Memorial Hospital.

The injured men were later airlifted to Halifax. The cause of the crash is being investigated. **THE CANADIAN PRESS**

Weekend shooting. Nova Scotia man in custody

The RCMP says a 60-year-old Nova Scotia man wanted in connection with a weekend shooting is in custody.

Police say Ronald Lorne Paul of Gold River turned himself in Monday.

The Mounties had been looking for Paul since Saturday after a man was shot at a home in Gold River. The 31-year-old victim was taken to hospital in Halifax with

In Bridgewater

Paul is expected to appear in court on Tuesday.

non-life-threatening injuries.

Paul faces charges of aggravated assault, discharging a firearm with intent to endanger a life and assault with a weapon. **THE CANADIAN PRESS**

Boys and Girls Club

Tires slashed on non-profit's bus

Police are investigating after the director of the Boys and Girls Club found two tires slashed on the organization's bus on Monday morning.

"We were supposed to go to the Provincial Wildlife Park this week," said Joanne McCallum.

"I mean, who stabs the bus of a non-profit?"

McCallum said there was no way they would be able to get another bus in the meantime.

She isn't sure whether the damage will be covered by insurance and figures the cost will be around \$600. **TRURO DAILY NEWS**

Springhill Junction

Weekend blaze destroys home

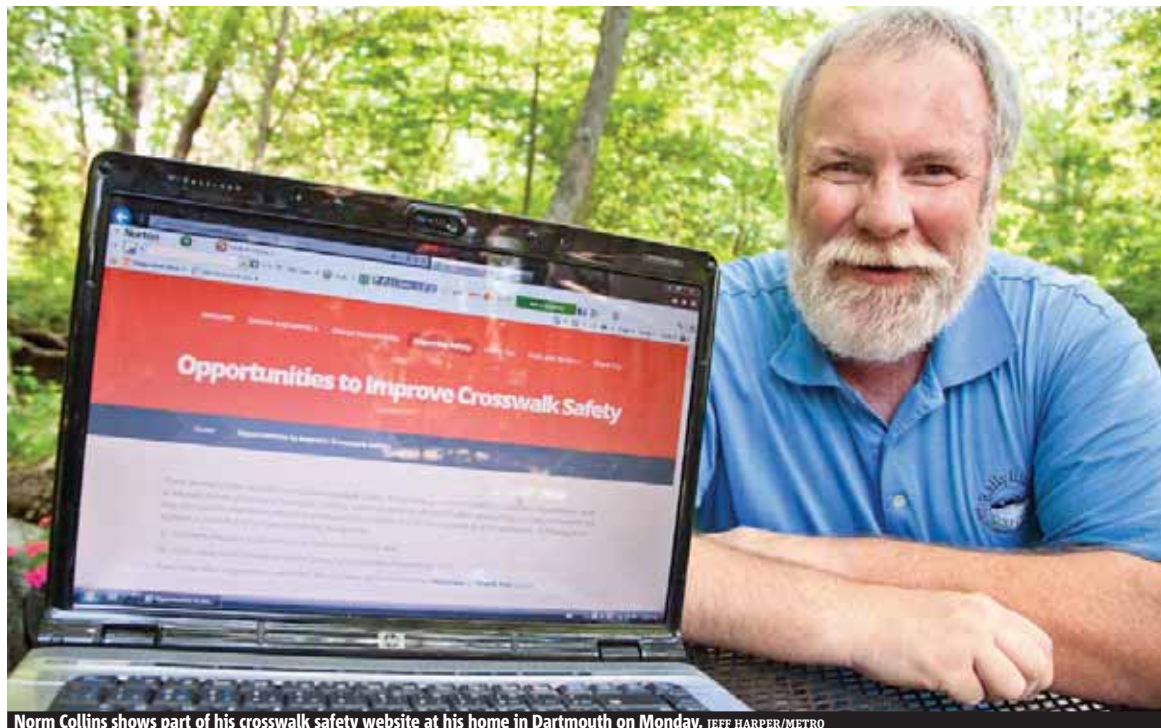
Cumberland RCMP are continuing to investigate a suspicious fire at a vacant Springhill Junction residence late Saturday.

Officers were called to assist members of the Springhill Fire Department at a house fire on the Village Loop.

Police and fire found the house fully engulfed upon arrival. Firefighters suppressed the fire and prevented further damage to the property and surrounding area.

The cause of the fire remains under investigation.

AMHERST DAILY NEWS



Norm Collins shows part of his crosswalk safety website at his home in Dartmouth on Monday. **JEFF HARPER/METRO**

Quizzes, zebras to boost walk safety

Social good.
Dartmouth man collects data, surveys

Let's test your knowledge. Do you know the minimum distance a horse can be tied from a crosswalk?

Last week, Norm Collins of Dartmouth launched crosswalksafety.ca, a website featuring quizzes, games and statistics on crosswalk facts and incidents in HRM.

"I'm trying to do something for the social good," said Collins, who got the idea for

the site last year from a Grade 5 class in Hammonds Plains.

The kids had surveyed residents on crosswalk safety, but during the event where the student's work was released someone mentioned data was hard to find.

Crosswalksafety.ca features adult and student quizzes, games, facts, and videos, including one about Bolivian citizens dressed up as zebras to draw attention to pedestrians.

"The site is about educating, maybe even entertaining," Collins said. "Demonstrating to police and transportation departments ... and the pub-

Not all fun and games

"It's something you can do, being entertained but always with a serious message."

Norm Collins, on his interactive website.

lic, what can be done."

You would learn there is still a law stating your horse's rope or reins can't obstruct the view of a crosswalk. Parked cars can't be too close and block your view either.

Collins' hope is for people to take a couple minutes to test themselves on the rules

of the road, and learn what's legal even if you think you're sure.

"The more times you think on things the more likely you are to be better at it," Collins said.

He hopes those looking at the statistics note the jump in crosswalk incidents.

Last year, three people died after being struck in a marked crosswalk and Collins said the number of injuries jumped up 22 per cent from 115 to 140.

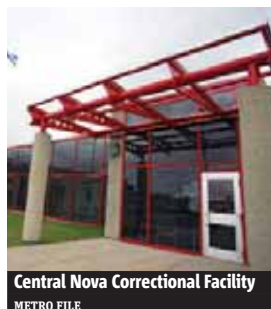
"Hopefully (they'll) be more cautious, less distracted, and with the results being fewer incidents," he said.

HALEY RYAN/METRO

Guard at Burnside jail up on drug charges

Work duties

Michael Robertson has been placed on an unpaid leave from his job until the allegations are dealt with.



Central Nova Correctional Facility
METRO FILE

A jail guard at the Central Nova Correctional Facility in Burnside is one of four people facing charges in relation to a drug search last week in Dartmouth.

Michael Edward Robertson, a 32-year-old from Dartmouth, is facing seven weapons-related offences and one charge each of possession of drugs for the purpose of trafficking and possession of drugs.

Police say Robertson, two other men and one woman

said they found more drugs, a prohibited knife, a prohibited handgun and ammunition.

Cynthia Patricia Duffy, a 31-year-old from Dartmouth, is facing the same charges as Robertson.

Ryan Duane MacDonald, a 31-year-old from Halifax, and Matthew Henry Comeau, a 25-year-old from Lower Sackville, are each charged with two counts of drug trafficking. **METRO**

were all arrested after a search of a vehicle on Friday found crack cocaine, marijuana and cash. A home on Fernhill Drive was also searched, and police

Haligonians take to the sand for fun in the sun

'Life is wonderful.'

Another 30 C day sees beaches crammed with people

EVAN
MCINTYRE

halifax@metronews.ca

Rainbow Haven was dotted with sun umbrellas on Monday as beachgoers escaped one of HRM's hottest days this summer.

The mercury peaked at just over 32 C, which made it the fifth day in July that temperatures rose into the 30s. Despite the heat, a cool breeze and a dip in the ocean made for an enjoyable day at the packed beach in Cole Harbour.

"We're going to enjoy it as much as we can," said Mike Milloy, who was relaxing on a chair under the sun. He came to Rainbow Haven with his kids.

"Unfortunately, I have to work in an air-conditioned building (tomorrow). I'd be

Hot stuff

Days with temperatures above 30 C this month:

- July 5: 31.4 C
- July 6: 31.1 C
- July 7: 32.2 C
- July 14: 30.6 C
- July 15: 32.3 C

here all day if I had my way."

At Rainbow Haven, some soaked up the sun while others played catch. Children had fun playing in the surf and building sandcastles. One beachgoer complained that the sand was too hot for her to walk barefoot.

Environment Canada statistics show that the average mean temperature for July is 21.4 C.

"Anything close to 30 C is something we see a few times over the summer," Environment Canada meteorologist Bob Robichaud said. He said temperatures will cool down for the rest of the week.

Twenty minutes east of



Rainbow Haven beach was packed at lunchtime on Monday with students and families enjoying the nice weather. JEFF HARPER/METRO

the packed Rainbow Haven was Lawrencetown Beach, which was windier but had

much more sandy real estate. For some beachgoers, making their homes cooler

was a solution to the summertime simmer.

"I actually bought an air

conditioner this summer," Jill Wournell said. "Life is wonderful."

'We woulda been goners' if neighbour hadn't come to rescue



Thanks to a watchful neighbour, Rick and Deborah Tobin were rescued from their burning house on Monday. TRURO DAILY NEWS

Rick and Deborah Tobin watched tearfully from across Maclean Street in Truro as flames engulfed the roof of their home Monday morning.

The Tobins were awakened at 7 a.m. by their neighbour Ben Robichaud, who ran into the house and up the stairs to help them escape their burning house.

"It was like, 'go, go, go, go,'" Tobin said. "We woulda been goners had it not been for our neighbour."

Robichaud estimated that it took only a couple of minutes

before the flames, which were making their way up the north side of the home when he went in, had filled the house with thick smoke.

Robichaud, who lives two doors away, said he heard a "sizzling sound" when he was having his morning coffee with his wife at about 7 a.m.

"I went to the window and realized the sound was coming from outside," he said. "I saw flames and went running for their door. The smoke alarm hadn't gone off yet. I had to run upstairs and get them out."

Robichaud assisted Rick, who recently had knee surgery, down the stairs, and helped the couple gather their cat and dog.

After Robichaud got the family to safety, he took a garden hose to the house and to the propane tank in the back to ensure the fire didn't spread before firefighters arrived.

He spent the rest of the morning making phone calls to the family's children, landlord and Deborah's workplace. He gave the couple refuge at his home and asked firefighters to help Rick get access to medication

Early speculation

- Truro Fire Chief Blois Currie said it appeared, based on the nature of the damage, that the fire started outside the home.

for his knee.

"He's in a lot of discomfort right now," Robichaud said. "Firefighters told me EMT will come to look him over and give him access to his prescription."

TRURO DAILY NEWS

Sod-turning

New school slated for Amherst



Darrell Dexter
METRO

Construction has begun on a new elementary school in Amherst. Premier Darrell Dexter was among those

at the sod-turning ceremony on Monday for the new West Highlands Elementary School. The province is spending \$11.1 million to replace the current West Highlands Elementary School, which is 100 years old. The new building will accommodate 275 students from Grades Primary to 6. It's expected to be built in time for the 2014-15 school year. THE CANADIAN PRESS

Labour news

Cape Breton school staff OKs three-year deal

Support staff at two school boards in Cape Breton have a new contract.

The province reached an agreement last month with the union representing the workers. A ratification

vote took place on Saturday, with almost 98 per cent of union members at the Strait Regional School Board who cast ballots supporting the deal.

Staff with the Cape Breton-Victoria Regional School Board voted 72 per cent in favour of the three-year deal.

The contract is retroactive to April 2012.

THE CANADIAN PRESS

Diplomatic appointment

Cape Bretoner posted to Switzerland

A Main-a-Dieu native is Canada's new ambassador to Switzerland.

Foreign Affairs Minister John Baird announced Jennifer MacIntyre's diplomatic appointment on Monday.

MacIntyre has a bachelor of journalism from Carleton University and a masters degree in public administration from Queen's University.

She served as special assistant to the prime minister responsible for international visits and summits before joining the Department of Foreign Affairs and International Trade in 2003.

THE CANADIAN PRESS

Labelling concerns

'Broad spectrum' sunscreen carries broad definition

Some may think that when they grab a bottle of "broad spectrum" sunscreen, they are protected from these rays, but Health Canada labelling hasn't yet caught up with new U.S. regulations.

The 2012 U.S. labelling rule calls for UVA protection in all "broad spectrum" products. Health Canada is considering similar regulations. **GRAHAM LANKTREE/METRO IN OTTAWA**

Charity drive

Woman dies in Channel swim

British officials say a woman has died while trying to swim the English Channel as part of a charity drive. A Facebook page set up to promote her swim said Susan Taylor collapsed on Sunday in the water and was airlifted to a French hospital, where she died. **THE ASSOCIATED PRESS**

Manitoba flood

Evacuees' hotel to close after owner says cash denied

A Manitoba hotel is being forced to close and evict dozens of 2011 flood evacuees over \$3 million in unpaid bills.

The Manitoba Association of Native Firefighters has been given millions to care for evacuees, but Mike Bruneau, owner of Misty Lake Lodge, said the group hasn't paid him since he accused it of squandering money months ago.

THE CANADIAN PRESS

Nine months old

Baby left alone in sweltering car

Police say a group of angry people confronted the father of an infant girl who was left in a hot car parked in Oakville, west of Toronto.

Authorities say the nine-month-old was left unattended in a parking lot for about 10 to 15 minutes on Sunday.

Police say the baby was seen crying and sweating profusely but is OK.

THE CANADIAN PRESS

And the lawsuits begin

Lac-Mégantic disaster. Mourner, café owner set for first class-action

A motion to file a class-action lawsuit has been registered by two Lac-Mégantic residents in the opening volley of what could be a years-long, multimillion-dollar legal battle.

It comes just over a week after a deadly train derailment that has already prompted various investigations, including a criminal probe.

The motion was filed Monday by two men who want to sue the owners of the train that killed an estimated 50 people.

One of them is Yannick Gagné, who owned the Musi-Café bar where many people died in the tragedy; the other is Guy Ouellet, whose partner of five years, Diane Bizier, lost her life in the blaze. Three of Gagné's employees also died.

Even the lead lawyer on the case was affected by the blast, which destroyed his office.

The defendants are the

Montreal, Maine & Atlantic railway (MMA), company chairman Edward Burkhardt, president Robert Grindrod and train operator Tom Harding.

No financial sum was mentioned in court documents, but lawyers predict the case could involve more than \$10 million.

The suit seeks damages for people who lost loved ones, for those who were injured and for property and business losses.

Barely a week after the tragedy, law firms have swiftly lined up to get a piece of the potentially lucrative action.

Lawsuits could be filed in Quebec, Maine — the headquarters of MMA — or even Illinois, where the company's parent company is located.

One Chicago firm that specializes in transportation disasters says plaintiffs could stand to gain millions by taking the company to court in the U.S.

"I think the best way to phrase it is that Illinois does not have limits on wrongful-death damages," said Bradley Cosgrove, a partner at Clifford Law Offices. **THE CANADIAN PRESS**



A fireman drives by a charred car on Monday at the site of the train-crash explosion in Lac-Mégantic, Que., that killed an estimated 50 people. A class-action lawsuit motion has been filed just over a week since the incident. **JACQUES BOISSINOT/THE CANADIAN PRESS**

Tories do the shake and shuffle

Prime Minister Stephen Harper gave his cabinet its biggest shakeup since his Conservative government first came to power. Here's 3 things to know:

Half of new faces are women

Eight new faces joined the cabinet, including four women. Shelly Glover, a Manitoba MP, comes aboard as heritage minister; Alberta MP Michelle Rempel, pictured, has been named minister of state for western economic diversification; Ontario MP Kellie Leitch is taking on the labour portfolio; and Manitoba MP Candice Bergen was named minister of state for social development. "To the young women of this country, we can make it in #cdnpoli. Run for office," Rempel tweeted soon after her promotion was announced.

The money won't change hands

Finance Minister Jim Flaherty, Foreign Affairs Minister John Baird and International Trade Minister Ed Fast held on to their key economic portfolios. But a few high-profile ministers did change jobs: Peter MacKay — who flubbed the oath, and needed his glasses — is now the justice minister, and Rob Nicholson the defence minister; and Jason Kenney moved to human resources and skills development.

#shuffle13 is not a playlist

The news came out via Harper's official Twitter account in advance of a formal announcement about the cabinet shuffle. @JustinTrudeau also took to Twitter to voice his feelings on the cabinet shuffle: "The only Minister with any power in this Cabinet is the Prime Minister. Today's shuffle does nothing to change that." ... And now-former junior transport minister @stevenjfletcher voiced his disappointment: "I am Conservative. I am a traditionalist. I wish I left Cabinet in the traditional way — with a sex scandal!"

THE CANADIAN PRESS/TORSTAR NEWS SERVICE



MacKay, left, Rempel and Flaherty

Elliot Lake. Mall nearly lost mortgage over grave disrepair, inquiry hears

Water damage at the Algo Centre Mall in Elliot Lake, Ont., was so severe the bank threatened to pull the mortgage years before it collapsed, an inquiry heard Monday.

The threat sent the Nazarian family, who owned the mall, on a frantic scramble to forestall the default, but the needed repairs were never made.

"We were in desperate need of funds to fix the roof," testified Levon Nazarian, who worked alongside his father. In the summer of 2008, the Royal Bank noted an inspection had revealed it would cost \$3 million to make the repairs.

The inspection found "marked deterioration," severe leaking and extensive damage.

In an effort to head off the bank, the Nazarians signed a deal with a purported contract-

or, who aimed to borrow \$1.7 million to carry out the repairs.

Commission lawyer Peter Doody was incredulous.

"So the company that was going to do the work was going to borrow the money to pay it itself?" Doody said.

The contract was forwarded to the bank as evidence the repairs were being done but it was never executed.

Nazarian, 29, also said it was at his request that an engineer changed an inspection report done just weeks before the fatal collapse last year.

He said he wanted to make it "more presentable" but denied the "irrelevant" changes — removing reference to "ongoing" leaking and photos showing severe rusting — were intended to mislead.

THE CANADIAN PRESS



Bob Nazarian, left, owner of the ill-fated Algo Centre Mall in Elliot Lake, with his son Levon at the inquiry. **COLIN PERKEL/THE CANADIAN PRESS**

Pharmacy wars heat up as Loblaw buys Shoppers

What, no Optimum Points? \$12.4-billion deal raises stakes as Loblaw follows on the heels of Sobeys, which picked up 199 in-store pharmacies last month



Galen Weston, executive chairman of Loblaw, holds his son Graydon after a press conference in Toronto on Monday. MICHELLE SIU/THE CANADIAN PRESS

tional partnership between Loblaw and Shoppers Drug Mart, we are changing the retail landscape in Canada," Galen Weston, executive chairman of Loblaw, said Monday.

"I've long believed that becoming a Canadian health and wellness, and nutrition, champion represented the most powerful next chapter for Loblaw."

Loblaw is offering \$33.18 in cash plus about six-tenths of a Loblaw share for each Shoppers Drug Mart common share. The proposal was valued at \$61.54 per Shoppers Drug Mart common share based on Loblaw's share price before it was announced, more than a 29 per cent premium on Shoppers' average trading price.

THE CANADIAN PRESS

But, it also raises questions about the next major deal in Canada's hotly pursued pharmacy retailer sector.

Last month, fellow grocer Sobeys picked up the Canadian assets of grocer Safeway for \$5.8 billion in a deal that included 199 in-store pharmacies.

"With today's transforma-

Two of Canada's biggest retailers have struck an agreement to combine their operations, with Loblaw Companies Ltd. buying Shoppers Drug Mart Corp. for \$12.4 billion in cash and stock.

The acquisition will keep Shoppers' brand name in place and allow it to operate as a separate division of Loblaw, the companies said on Monday.

Twinkies' defence

Previous company downsized cakes

Twinkies are back, but they may be a bit smaller than you recall.

The boxes hitting shelves this week list each cake as weighing 38.5 grams. Photos of past boxes indicate the weight to have been 42.5 grams.

Hostess says that the size change was made by the predecessor company.

THE ASSOCIATED PRESS

Market Minute



DOLLAR
96.02 (-0.17¢)



TSX
12,528.35 (+66.18)



OIL
\$106.32 US (+37¢)



GOLD
\$1,283.50 (+\$5.90)

Natural gas: \$3.67 US (+3¢)
Dow Jones: 15,484.26 (+19.96)

Asiana. Airline to sue TV station over use of racist fake names of pilots

Asiana announced Monday that it will sue a San Francisco TV station that it said damaged the airline's reputation by using bogus and racially offensive names for four pilots on a plane that crashed earlier this month in San Francisco.

An anchor for KTVU-TV read

the names on the air Friday and then apologized after a break. The report was accompanied by a graphic with the phoney names listed alongside a photo of the burned-out plane that had crashed on July 6, killing three and injuring dozens.

THE ASSOCIATED PRESS

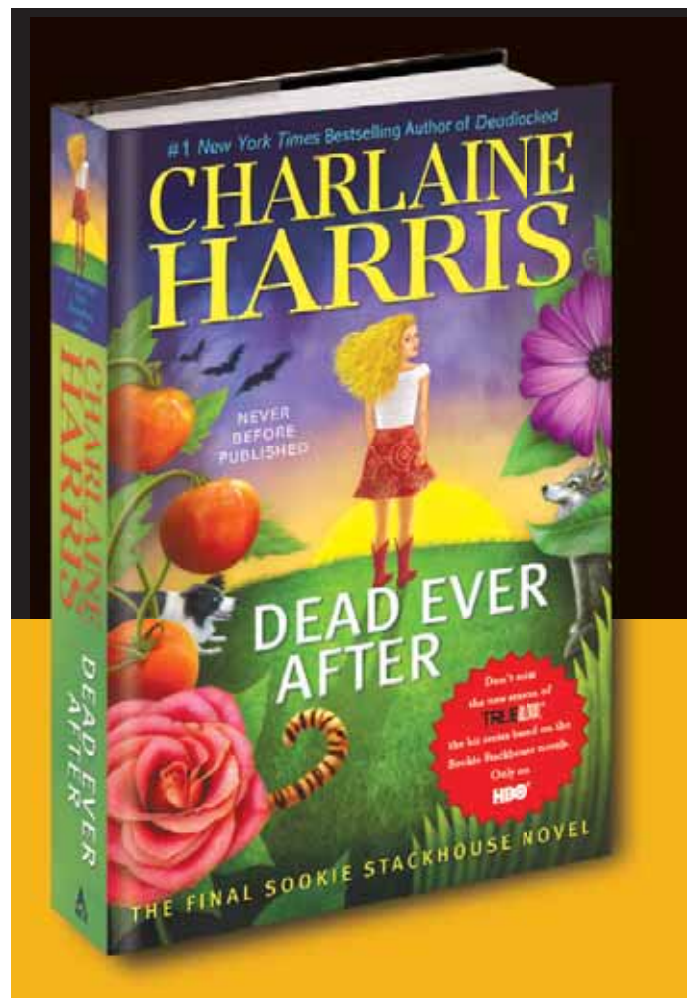
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NOT ALL RIGHT TO WEAR WHITE

I've witnessed my fair share of wedding faux pas over the years — drunken speeches, lewd dance-floor moves, annoying iPhone ringers that erupt in the middle of the “I do.” But of all the questionable things I've seen, none of these blunders are as appallingly premeditated as when a woman who isn't the bride shows up to the wedding in a long white dress.

You don't have to be an Emily Post devotee to be familiar with this established piece of etiquette and yet, without fail, there always seems to be at least one guest at every wedding who has the audacity to arrive in her showiest, whitest evening gown. At the last wedding I attended, there were no fewer than three women wearing floor-length frocks in various shades of virginal white. Who are these women and what is running through their



SHE SAYS
Jessica Napier
metronews.ca

brains when they decide to slip into a dramatic dress for someone else's nuptials?

Having a bit too much to drink at the open bar might be frowned upon, but deliberately competing for attention with the bride is unforgivable. It's not just taboo, it's a calculated effort to draw attention to yourself and with every colour of the rainbow at your disposal, there's really no excuse.

I don't care how smoking hot you look or how well it shows off your tan — wearing head-to-toe white to someone else's wedding is a sign of disrespect and is bound to raise some eyebrows.

Yes, I know these events should be about two people showcasing their love and commitment to one another and they shouldn't really be about the outfits, but come on, ladies. There are plenty of occasions that demand a white dress code — croquet matches,

lawn-bowling competitions, cotillion balls — so save your colourless finery for another time.

Brides put months of work into their big day while most guests are simply expected to bring along an envelope of cash or a kitchen appliance in exchange for a free meal. Given the amount of time and effort a bride puts into finding her ideal gown, it's not too much to ask that female guests opt for colourful cocktail dresses and let her be the only one in white.

There are extenuating circumstances, of course. Pippa Middleton's show-stealing white dress at her sister's wedding was the result of an old British superstition that advises bridesmaids wear white to ward off evil spirits. And I'm sure no one said no to Jay-Z and Beyoncé when the couple asked their guests to wear white to their wedding in 2008.

Otherwise, guests should assume that all shades of cream, ivory and eggshell are off-limits.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Baby watch is a royal bore



CHRIS JACKSON/GETTY IMAGES

It's a camp-out at St. Mary's Hospital

Members of the world media are seen taking a break outside the Lindo wing of St. Mary's Hospital as the U.K. prepares for the birth of the first child of the Duke and Duchess of Cambridge.

Some journalists have been set up outside the hospital since July 1 awaiting the birth of the third heir to the throne. **METRO WORLD NEWS**

Thirst for news grows

“When Di went into hospital the photographers set up their ladders, there were around 200 of them.... But that was only when she went into hospital.”

Ingrid Seward, editor of Majesty magazine and royal biographer, comparing this media frenzy to that during Prince William's birth. Another speculator, royal author Phil Dampier, said, “I've never known anything like it in my 28 years reporting on the royals.”

Twitter

Even before the palace announces the birth by bulletin and tweet, Twits were talking about it:

@piersmorgan: Things I'm very glad I've never had to do: “Royal baby watch”.

@rblandford: Royal baby still not released as it has not yet reached its target on Kickstarter.

@AshleyBoorman: Come on Kate! Push the baby out in the morning. Give me a bank holiday on my birthday #RoyalBaby

A disappointing day

July 13

The supposed due date — July 13 — has come and gone. Royal commentators are complaining that the lack of information coming from the palace has called everyone to panic stations. The palace only said that the date would be sometime this month. Given the media circus that has surrounded the royal baby from the beginning, including gifts of knitted kangaroos and a deluge of dead-end tidbits from unnamed and arguably non-existent “sources,” it is perhaps not so surprising that Britain's enthusiasm is beginning to flag.

Tweeting! But it's not what you're thinking

News worth sharing

Twigs snap underfoot as a group of children circle around their instructor on a quiet spring morning. “Listen carefully,” says the instructor, and the group falls silent.

A bird sings out in the stillness — a high, repeating call. “Nuthatch,” guesses one child in a whisper. The others nod. These kids know their stuff.

This spring bird walk is just one of the free programs that the Young Naturalists Club (YNC) has been offering Nova Scotian children since 2006.

Groups in Halifax, the Annapolis Valley, Berwick, Pictou, the South Shore and Wittenburg meet every month for

presentations and field trips on topics from stream preservation to winter survival. Guest speakers and organizations come to facilitate sessions like the bird walk.

Zoe Nudell, the YNC's provincial co-ordinator, believes that kids' imagination comes to life when they get a chance to explore nature.

Sign up with a YNC chapter in Nova Scotia, at nature1st.net.

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of the international charity and educational partner Free The Children. Send your stories to goodnews@metowe.com.

Twitter

A new study from Ohio State University says smokers cost employers \$3,000 a year per employee in lost productivity. @metropicks asked: Should it be docked from their pay?

@plussizepanda: of course it should. I don't leave my office ever half hour for 10 minutes at a time!

@AlanSimpson: Maybe something more proactive? Smoking cessation options, smoking on company time guidelines, etc...would all be more effective.

@blinner56: and what's worse is if you're a non-smoker you don't get as many breaks as a smoker does.

@BourbonShot: is it not law that you get a 15 min break every 4 hours, smoker or not? Abide by that. Boom, done. Next question.

@ksawka: it's an addiction right? What if we gave alcoholics paid breaks to sneak out back for a swig from the bottle?

@TP_TV: These are called work breaks whether ppl smoke drink coffee or take a walk they are entitled to them as employees

@Jonny_EP3: as a smoker, I take the 3 breaks I am provided by my employer, just like any other employee here.

Follow @metropicks and take part in our daily poll.

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Send us your comments: halifaxletters@metronews.ca

DVD reviews



Evil Dead

Director. Fede Alvarez

Stars. Jane Levy, Shiloh Fernandez, Lou Taylor Pucci

The really scary thing about Fede Alvarez's *Evil Dead* is its failure to shock. Are we now completely desensitized to movie horror? Arriving 32 years after Sam Raimi's *The Evil Dead* shotgunned cabin terror into indie legend, the social gulf between the two films couldn't be wider. The 1981 original parlayed geek savvy, improvised gross-out effects and inspired camera work (that swooping evil POV) into a splatterfest that appalled and delighted its Reagan-era audience. It was novel because it was so eager to go for broke. The remake misfires because it's content to play it safe, in the process losing more than just the "The" from the title. Granted, it has all the mutilation, decapitation, dismemberment, sawing, shooting, roasting, nailing, puking, burying, buzz-sawing and screaming you'd expect from an *Evil Dead* movie — and consider this fair warning for anyone not already versed in franchise lore. It's precisely because you expect all these things that *Evil Dead* inspires more tedium than terror. Extras include a director/commentary and making-of featurettes.

PETER HOWELL



Michael Cera, 25, stars in *Crystal Fairy*, where he plays a self-serving jerk. THE ASSOCIATED PRESS

No more Mr. Nice Guy

Crystal Fairy. Michael Cera's new character is a far cry from innocent little George Michael Bluth

MATT PRIGGE

Metro World News in New York

Before discussing his new microbudgeted film, *Crystal Fairy*, Michael Cera gushes about the films of John Cassavetes. He cites *Opening Night*, starring Gena Rowlands as an unhinged stage actress, as his favourite. But he didn't come around to *Husbands* — the filmmaker/actor's seething look at three friends' joint bender — right away. "The first time I watched it I felt like

I was watching an acting class — actors flexing their muscles. But now I really love it."

That said, if Cera, now 25, wants to be taken more seriously as a thespian — or even shed his nice guy George Michael Bluth image — he's not being open about it. When asked about hunting for edgier fare — like *Crystal Fairy*, in which he's an Ugly American on a drug trip — his answer is quiet and modest. "I was just trying to find people to collaborate with who had similar sensibilities," he says. "It's one of the great things about being involved in this business, that you can meet people who are so talented, whose stuff you admire, who you can potentially work with."

After seeing *The Maid*, a hilariously neurotic Argentine dramedy about a grumpy

housekeeper, he reached out to its director, Sebastian Silva. The two wound up collaborating on two movies. When the first, *Magic Magic* about a woman's (Juno Temple) descent into madness, ran into budget problems, they ran off to make the tiny *Crystal Fairy* in 12 days. There wasn't a script, but there was a treatment. Everything was planned but the dialogue, which Silva would sometimes feed his actors — also including Gaby Hoffmann as the titular hippie — before takes.

Cera briefly played an abrasive cokehead version of himself in *This is the End*, but *Crystal Fairy* finds Cera as a jerk at feature length. "He's pretty self-serving," he explains. "He's incapable of putting himself in other people's shoes. He's so stuck in his head and his own

I like the cut of your jib

"I really like the way Michael looks. I'm really into how people look. His is such a versatile face. I feel it could be anything. I don't think I could ever work with, like, Ryan Gosling. Not that I don't like his acting, but I'm not intrigued by his looks."

agenda. In terms of playing him, though, it's so much fun. You'll pretend to be nice to someone when you're just manipulating them, or just be outright rude to them."

That's a different persona for him, and a different way of working. "We'd just run the camera and film the scene, so you could really immerse yourself in that feeling," Cera says.

2 SCENE

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HUNDREDS OF MIND BLOWING SHOWS

JULY 31 - AUGUST 5
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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jenny's got a View, and I've got one too



THE WORD
Dorothy Robinson
scene@metronews.ca

I've written this column for a long, long, long time, covering celebrities who do stupid and irresponsible things. But there is no one more stupid and more irresponsible than known anti-vac personality Jenny McCarthy, who was just named the new co-host of The View on Monday morning.

"We are delighted that Jenny will be joining us as a permanent co-host on The View starting in September,"



Barbara Walters said in a statement. "Jenny brings us intelligence as well as warmth and humour. She can be serious and outrageous."

For her part, McCarthy said, "I'm beyond thrilled to be joining Barbara and the other amazing women at the table. I look forward to helping make hot topics a little bit hotter."

Are those hot topics whether or not you should vaccinate your children? McCarthy has claimed that vaccines cause autism to such mainstream news organiza-

tions as Larry King Live and Frontline, and has worked as a spokesperson for various, fringe anti-vaccination groups. There is absolutely no scientific evidence that vaccines — which keep our children from succumbing to terrible diseases — cause autism.

Her stance is extremely dangerous for the well-being of our children and society as a whole. It is my sincere hope that The View explicitly states in her contract that she is not allowed to spew her anti-science lies on broadcast television. My only hope is that maybe, just maybe, they're drastically changing the format of the show, and Walters and the other View girls will be contestants on a reloaded version of Singled Out.



Cory Monteith

Investigation into Glee star's death sped up

The investigation into the cause of death for Glee star Cory Monteith is being fast-tracked, Vancouver police confirm to TMZ. "Due to the intense public interest, the toxicology will be expedited," a police source says, explaining that the results should be announced in two or three days. The autopsy began Monday. Monteith was found dead in his room at the Fairmont Pacific Rim Hotel in Vancouver Saturday after missing his check-out time. He was alone and there were reportedly no signs of foul play.



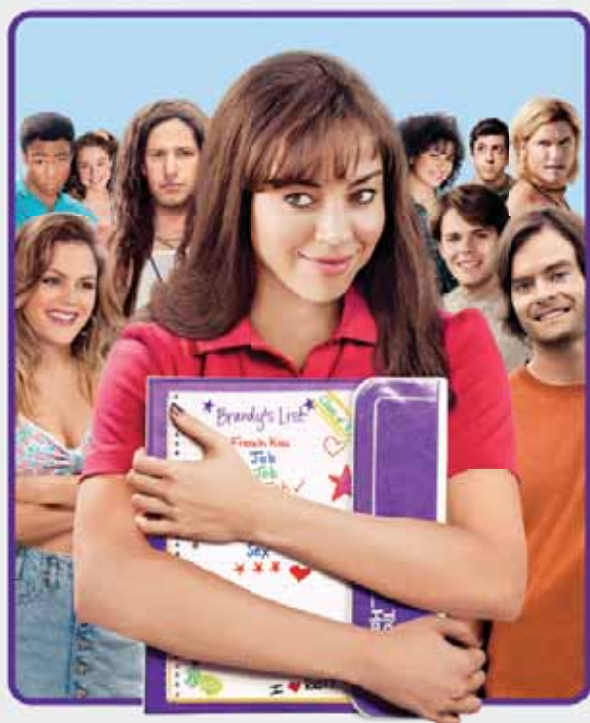
Justin Bieber ALL PHOTOS GETTY IMAGES

The Bieber bus is coming, and everybody's clubbing

Justin Bieber has found an interesting way around his recent trouble with getting into nightclubs in the U.S. due to being under 21. After a gig in Indianapolis, Bieber had his tour bus pull up outside a local nightclub and just had his after-party on the curb, reportedly sending his security detail

into the venue to round up girls to bring back to the bus, according to Popcrush. Guards were seen escorting three women — two blonds and a brunette — onto the tour bus, where the blinds were drawn and the party continued. Bieber never stepped foot off the bus himself.

She's going from straight A's to getting her first F.



The To Do List
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The To Do List



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Dee Dee Domestic Short Hair

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For more information on Dee Dee and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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Get the Wolverine body

Fitness. This summer, Hugh Jackman reprises his role as self-healing mutant Logan in *The Wolverine*. His trainer, David Kingsbury, tells us how he went from skinny to superhero

ROMINA
MCGUINNESS
life@metronews.ca

Hugh Jackman and his personal trainer, David Kingsbury, started getting ready for *The Wolverine* halfway through working on *Les Misérables*, for which Jackman's character, Jean Valjean (a prisoner turned wealthy merchant), had to go from looking scrawny to robust within weeks.

"In the first section of *Les Miz*, Hugh had to be thin. But for the second section, he had to bulk up," Kingsbury tells Metro. "That was actually quite early on, and that gave us an extra couple

of months of training dedicated to *The Wolverine*."

Initially, they worked on building up strength and size but in the final stages they had to trim him down.

"That year, Hugh's weight fluctuated by about (44 pounds). By the time shooting for *The Wolverine* began, he'd shed (15 pounds) and gotten his body fat down to six per cent."

he'd rest.

Jackman was put on a progressive overload weight-training plan to build up strength on basic lifts like the bench press, squat and deadlift. The point is to increase the weights by about five per cent every four weeks, so that they get progressively heavier, adjusting the reps at the

straight after he was done with the exercises. We worked both the upper and lower body, doing different movements each day, in order to allow the body to recover. We focused slightly more on increasing the size of his legs, just to make sure he maintained his balance," explains Kingsbury. They combined weights with a mixture of interval training and steady state cardio, such as fast-paced walking.

"It would either be low intensity or high intensity, nothing in-between, as the middle ground stuff is the worst for maintaining muscle."

Weights + cardio

Becoming Wolverine required Jackman to train for a total of 11 hours a week. Monday to Friday, he and Kingsbury would do one hour of weights followed by one hour of cardio. On Saturdays, he'd do a one-hour interval session using a gym sled and on Sundays,

same time. "We'd always train early in the morning, so Hugh would drink a double espresso just before for a boost in energy and have breakfast

The diet

Jackman's workouts were so intense that he had to eat around 5,000 calories a day for his body to keep up. His diet included lots of protein (eggs, fish, chicken), vegetables (spinach, broccoli),

carbs (oatmeal, brown rice, sweet potatoes) and fats (avocado, nuts, peanut butter, olives) but excluded all sugar, including fruit and alcohol.

"He ate protein every day, but to maximize results, we'd cycle his carbohydrates. On weight training days, his first three meals would be carb heavy and the last three would include lots of healthy fats.

On non-weight training days (Saturday and Sunday)

What Hugh Jackman ate to bulk up



Meal 1

A large bowl of oatmeal with cinnamon
Six scrambled eggs with ham and spinach
Two slices of rye bread toasted with peanut butter



Meal 2

Broccoli, a 10-ounce steak, one boiled sweet potato



Meal 3

Two grilled chicken breasts with lemon and herbs, brown rice
Spinach

Meal 4

Grilled salmon
Half an avocado
Broccoli



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3
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You say potato, I say cake

1. Heat oven to 180 C (350 F). Lightly grease a 33-by-23-cm (13-by-9-inch) baking pan and dust with cocoa powder. Remove excess cocoa powder and set aside.

2. In a bowl, whisk water into mashed potatoes until mixture is smooth.

Ingredients

- 250 ml (1 cup) mashed hot Yukon Gold potatoes
- 250 ml (1 cup) lukewarm water
- 150 ml (2/3 cup) butter, softened
- 500 ml (2 cups) brown sugar
- 5 ml (1 tsp) vanilla extract
- 4 eggs
- 500 ml (2 cups) all-purpose flour
- 175 ml (3/4 cup) cocoa, plus extra for dusting pan
- 11 ml (2 1/4 tsp) baking powder
- 2 ml (1/2 tsp) baking soda
- Pinch salt
- 175 ml (3/4 cup) semi-sweet chocolate chips
- Icing sugar or icing (optional)

Potato Chocolate Cake



This recipe serves 12 to 16. THE CANADIAN PRESS H/O

3. In a separate large bowl and using an electric mixer, beat butter, brown sugar and vanilla for 4 to 5 minutes until light.

4. Add 2 eggs and mix until blended, scraping down sides of bowl; add remaining eggs and potato mixture, and mix until blended.

5. In another bowl, sift flour, cocoa, baking powder, baking soda and salt; stir to combine.

6. At low speed, alternate adding sifted dry ingredients with potato mixture until incorporated. Fold in chocolate chips.

7. Place batter in prepared pan;

smooth out top. Bake for 30 minutes or until cake springs back when pressed lightly and begins to pull away from the sides of the pan.

8. Let cool in pan on a rack. Sift icing sugar over cake or spread with icing. THE CANADIAN PRESS/PRINCE EDWARD ISLAND POTATO BOARD

Health Solutions

There's an app for that (quest)



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Entertaining season is here and you are sure to have one vegan, two vegetarians, a few gluten-frees, a handful of no-carbs and perhaps a lactose-free or two over to mess with your menu.

How are you supposed to feed them all? Here's an appetizer cheat sheet that can be mixed and matched to serve every palate and pickiness.

The healthy and delicious process is simple: mix together equal parts mild mustard and yogurt (or vegan mayo) and store it in a squeeze bottle in the fridge up to two weeks. It is your "glue". Then choose one item from the savoury list as your

base, squeeze a drop of glue and top with one sweet item, et voila! It's a combo platter to suit each one of your fussy friends.

Smile pretty, now.

Savoury

- Cube of feta
- Cube of blue cheese
- Cube of cheddar
- Basil leaf
- Cube of cooked pancetta
- Zucchini Slice

Sweet

- Half a pitted date
- Pecan half
- Strawberry half
- Dollop of chutney
- Slice of apple
- Large caper or pickled onion

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Reason number 308: I wouldn't let him ride the wiener dog

Reasons My Son is Crying. Humorous blog turned book has given self-deprecating parents everywhere a new outlook and some comic relief

ALISON BOWEN
Metro World News in New York City

Greg Pembroke's son was having a meltdown in a museum. Over cheese. A piece of cheese, torn down the middle.

"My oldest son just started to wail in the middle of this museum," he remembers. "I'm like, well this is so over the top. That stuff happens all the time when you've got a kid."

The Rochester, N.Y., dad of

two snapped a pic of his son's tear-strewn face, posting it to Facebook in an album that became a blog that spawned a book.

The creator of the Reasons My Son is Crying Tumblr blog, which recently went viral, is now penning the book. Parents from all over the world flooded him with submissions of their bawling babies, from New Jersey kids tumbling out of a hammock to a Chinese baby upset with his Superman outfit.

"It's really funny to have accidentally found something that everybody can relate to," Pembroke says.

Posting pics can be a parenting coping mechanism, he adds.

"It's easy to get bogged down and feeling upset about all the times your kid's crying, because it makes you feel like

Savour this time

"I know right now that I'm going to miss this (phase) when they're out of it, and I think it's a reminder to me to just kind of laugh about the insanity."

Greg Pembroke, blog creator and author of *Reasons Why My Son is Crying*

a failure," he explains. "Parents are wired to think that if your kids aren't happy all the time, that you're failing. It doesn't mean you're a bad parent just because you have to carry your kid screaming out of Disney World on your shoulder, crying the whole way. Which I did in May."

The 33-year-old dad told us



Believe it or not, most parent will actually miss the unnecessary crying phase their toddler goes through. ISTOCK

about posting pictures as parenting therapy.

What was it like to have pictures of your kids go viral?

It was so crazy. After (it appeared on Reddit), it started to spread so quickly. ... It's a little weird because, it's easy to say this now, but we are pretty private. That week on the MSN homepage, there was a picture of LeBron James, Margaret Thatcher and my one-year-old. It was absolutely surreal to see. It's a little overwhelming initially, but the feedback was so overwhelm-

ingly positive. ... I think someone has visited my blog from every country in the world, except maybe North Korea. You can't win them all.

Why do you think this has struck such a chord?

In general, the people that get it are people that have normal, healthy toddlers; who have been around kids. This is a phase they go through. It's going to happen. ... Kids are going to cry. You can either pull your hair out, or you can say, "This is a little bit ridiculous."

How has this helped you in your own parenting?

It helps you see the humour side. This is a stage in childhood development. I know right now that I'm going to miss this when they're out of it, and I think it's a reminder to me to just kind of laugh about the insanity. It's not always going to be this way. When they get older, they're going to have problems that aren't always as easily laughed off, and I think then I'm going to be a bit nostalgic.

Are you over-insured? Read the fine print



YOUR MONEY
Alison Griffiths
money@metronews.ca

Are you covered? By insurance I mean. Recent floods in Alberta and greater Toronto and, of course, the tragic train derailment in Lac-Mégantic makes one wonder about protection from what life and nature throws at us.

It isn't exactly an exciting topic. As Woody Allen once

said, "There are worse things in life than death. Have you ever spent an evening with an insurance salesman?"

Insurance policies are so utterly tedious with their teeny tiny print and labyrinth-like wording. Consumers rarely read or understand them thoroughly. And even if you do, who is going to remember whether you have sewage back-up protection years after taking out an initial policy? Or for that matter, who notices if coverage has been amended over the years, which

frequently happens?

The same is true of most manufacturer's warranties and extended coverage on purchases such as appliances. In fact, many people don't read the warranty before shelling out for (usually) unnecessary extended warranties. I purchased a digital recorder this year and the salesman almost talked me into additional "bumper to bumper" insurance.

I read the manufacturer's warranty first and discovered that virtually everything offered

by the extended warranty was already covered by the manufacturer. Had I read the document after buying extended coverage I would have been seriously annoyed.

This brings me to my new Frigidaire washer and dryer. The previous set, from the same manufacturer, lasted 20 years. I didn't read the new warranty, as the old duo had been such workhorses.

Rust has just appeared on the washer. Turns out that just about every peril is covered,

except for rust. In this case the extended warranty, which did cover rust, would have been a good idea.

When accidents, incidents or disasters occur there are always going to be surprises about the extent of insurance or warranties. Even more so these days as insurance pervades our lives, from credit card balance protection to automobile liability. Avoid being under or over-insured by taking the time to read each policy both at initial application and renewal. Don't

In storage

Insurance is not legally required for vehicles in storage. Comprehensive insurance covering fire and theft is optional.

rely on what a salesperson or agent tells you. So much depends on it.

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Mooseheads co-captain Trey Lewis returns home to the airport with the Memorial Cup in late May to a hero's welcome after winning the top prize in the Canadian Hockey League. JEFF HARPER/METRO

Players won't get day with the cup

CHL. But Mooseheads GM says trophy still being put to good use



PHILIP CROUCHER
philip.croucher@metronews.ca

The Halifax Mooseheads will not follow in the footsteps of the previous two Memorial Cup champions and allow their players to each spend 24 hours with the trophy.

General manager Cam Russell said the decision was made by the organization on its own, and the players were notified last month.

Filling the cup

"We are putting the Memorial Cup to good use. We are proud of that." Mooseheads general manager Cam Russell

"We thought about it long and hard," Russell said on Monday. "We are not going to ship it around from town to town, to player and player," Russell said.

Both the Saint John Sea Dogs, in 2011, and the Shawinigan Cataractes, in 2012, allowed their players to spend a day with the trophy. However, the Memorial Cup ended up getting badly damaged. Last year, the 94-year-old chalice was reportedly bashed

in and some hockey player figurines went missing.

After a story about the damage made its way into a Quebec newspaper last year, QMJHL commissioner Gilles Courteau issued a statement condemning the trophy's treatment.

"The Memorial Cup was donated in 1919 to honour Canada's war fallen," Courteau said in that statement. "It is unfortunate and deplorable to see it in such a state."

Instead of giving it to the players for a day, Russell said the team has been putting it on display throughout the municipality — including at the IWK Health Centre, Department of National Defence, and at local minor hockey rinks.

"We felt it would be better served doing that with the trophy," Russell said.

He said the cup did make a trip to Quebec already with head coach Dominique Ducharme, and Mooseheads players from the province were able to have family photos taken with it. He also said if a player wants to have photos taken with the trophy in Halifax, it will be made available.

MLB. Cespedes swings like all-star in home run derby



Yoenis Cespedes swings on Monday night in New York. MIKE EHRLMANN/GETTY IMAGES

Yoenis Cespedes won baseball's Home Run Derby on Monday night, becoming the first player left out of the all-star game to take home the crown.

The Oakland Athletics slugger beat Bryce Harper 9-8 in the final round Monday night at reconfigured Citi Field, hitting the decisive drive with five swings to spare.

In only his second major-

league season, the outfielder from Cuba dropped his bat and raised his arm when he sent his 32nd homer of the night some 455 feet to deep centre field, where it caromed off the back wall of the black batter's eye.

The final addition to the field, Cespedes was the fourth player not selected to the All-Star Game to compete in the event. **THE ASSOCIATED PRESS**

Welcome back to Russia

Kovalchuk signs with KHL team

Russian team SKA St. Petersburg says it has signed forward Ilya Kovalchuk to a four-year contract.

Last week, Kovalchuk walked away from \$77 million left on his 15-year contract with the New Jersey Devils.

SKA did not disclose the terms of the deal with Kovalchuk in its statement Monday.

Kovalchuk scored 417 goals and added 399 assists in 816 NHL games.

THE ASSOCIATED PRESS

No pity party here



"No one is going to feel sorry for you, the New Jersey Devils."

Devils head coach Pete DeBoer on Ilya Kovalchuk's decision to retire from the NHL and return to Russia.

NHL

Hextall returning to NHL roots in City of Brotherly Love

Ron Hextall is back with the Philadelphia Flyers, joining a long list of former players in the front office.

The former Flyers goalie on Monday was named assistant general manager and director of hockey operations, leaving the Los Angeles Kings where he was president and assistant general manager.

THE ASSOCIATED PRESS

Supplements seized

Italian police raid sprinters' rooms

Italian police raided the hotel where Jamaican sprinters Asafa Powell and Sherone Simpson and a Canadian trainer were staying Monday after the two athletes tested positive for banned stimulants.

Rooms of the athletes and physical trainer Christopher Xuereb were searched and drugs and muscle supplements were seized. Udine police captain Antonio Pisapia told The Associated Press.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries

March 21 - April 20

It's time to heal a rift with family members and get things back to how they used to be. The Sun in Cancer will make it easy for you to remind everyone that you are on the same side.

♉ Taurus

April 21 - May 21

By all means, speak your mind today but make sure what you say is backed up by the facts. If you play fast and loose with the truth now, you could regret it next weekend when Mercury turns direct again.

♊ Gemini

May 22 - June 21

You will be making some pretty big decisions over the next few days, so make sure you look confident even if you don't feel it inside. Others will take their cue from you.

♋ Cancer

June 22 - July 23

This is a time for action. Outstanding cosmic activity in your birth sign means you are ready to take on the world. The only thing that might hold you back is if you don't believe it.

♌ Leo

July 24 - Aug. 23

You seem to be looking over your shoulder a lot at the moment, but why? Be careful by all means today but don't let your fears get out of hand. Chances are there's no one out to do you harm.

♍ Virgo

Aug. 24 - Sept. 23

If you are involved in some kind of cause, others will rally round your flag. And if you're not, perhaps you should consider getting involved. Make the world a better place.

♎ Libra

Sept. 24 - Oct. 23

Don't worry that you don't have the expertise to do a particular job. Once you have started, you will quickly learn what needs to be done. Other people know what you are capable of, but do you?

♏ Scorpio

Oct. 24 - Nov. 22

If you would like to get away, if you would like to leave the daily grind behind you and go some place where the fun never stops, now is the time to pack your bags.

♐ Sagittarius

Nov. 23 - Dec. 21

Cosmic activity in the wealth area of your chart means you have no choice but to make changes that will affect how much you earn in the future. You should have started earlier, but better late than never.

♑ Capricorn

Dec. 22 - Jan. 20

The Sun in Cancer at this time of year means loved ones have a huge influence on how you think and feel. But just because they get emotional does not mean you have to get emotional too.

♒ Aquarius

Jan. 21 - Feb. 19

Plan what you have to do with as much care as possible. If you can do that then you will sail through the challenges of the next seven days. The big picture is important, but so are details.

♓ Pisces

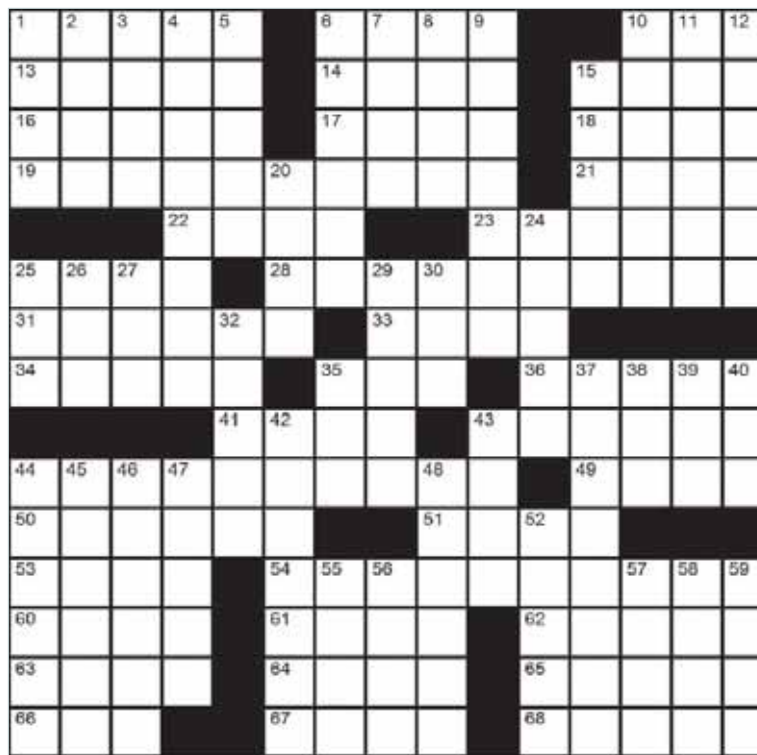
Feb. 20 - March 20

You can let the world in on the secret plans you've been making. Some will be happy, other will be dismayed but what matters is you're making things happen. SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Ex-Pres. Bill Clinton's nickname
6. Entr' (Theatrical interlude)
10. Looney Tunes 'Devil', cutely
13. "It's ___ to you now."
14. Mr. Griffin
15. London, England's ___ Park
16. Summery drink
17. Eurythmics' "Would ___ to You?"
18. Take down ___ (Humble): 2 wds.
19. Prime Minister's country retreat, ___ Lake
21. 'T' in TV
22. Prefix with 'logical'
23. Neet user's temporary result: 2 wds.
25. Thunderstruck
28. Navigation instruments of yore
31. Profession
33. Bob Hope book, ___ Russia \$1200
34. Gawk
35. Fitting
36. Pacific ___
41. Party inviter's request [acronym]
43. Neat ___ (Tidy)
44. Blake Lively TV series: 2 wds.
49. Marcel Marceau's job title
50. "The Talented Mr. ___" (1999)
51. Each: 2 wds.



53. Mixed collection
54. Children's book by Mordecai Richler, Jacob Two-Two Meets the ___
60. Hue
61. Mythical Hun king
62. Ms. Carter of "Designing Women"

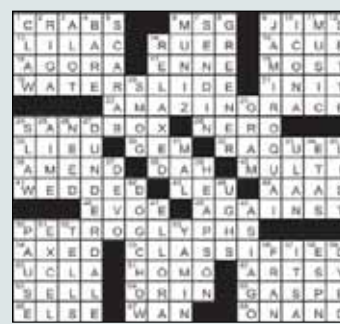
63. Pegs on the green
64. Warren Beatty/Diane Keaton movie
65. Mr. Estrada's
66. Alternatives
67. Dine-and-___
68. Machine button, perhaps

1. Shindig
2. Uma Thurman's character in "The Producers" (2005)
3. Brit-pop group
4. Certain commuter; or, The Guess Who song: 2 wds.
5. Greenfly, for one

6. Martin Short comedy, "Three ___!" (1986)
7. Gael, for one
8. Bee Gees, for one
9. Barry Manilow hit: 2 wds.
10. Rare blood, ___
11. Antarctica

- penguin
12. Canadian actor Kevin who played Damian Daalgard on #44-Across
15. Type of yoga
20. At hand
24. Margarine
25. House temp. coolers
26. Temple in Cambodia, Angkor ___
27. Time
29. Ms. Hedren, Melanie Griffith's actress mom
30. Decompose
32. Uncanny
35. Dow Jones Ind. ___
37. Ghost stories telling spot
38. Prefix to 'centre'
39. Purpose
40. Opposite SSW
42. 1996 Leslie Nielsen comedy: 2 wds.
43. Mont Blanc, par exemple
44. Cave
45. More greasy
46. Backs
47. Casino games
48. Salad ingredient
52. Stranger
55. Cup ___ (Hot drink, informally)
56. Alberta town
57. Foe of the Allies in World War II
58. Adidas competition
59. Liza Minnelli's ex-husband David

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

2	7	4	8	6	3	8	1	5
5	3	9	8	1	4	2	7	6
1	8	6	2	5	7	4	3	9
4	5	8	3	7	1	5	9	2
7	2	1	5	9	6	3	8	4
6	9	3	4	8	2	1	5	7
8	6	5	1	2	9	7	4	3
3	1	2	7	4	5	9	6	8
9	4	7	6	3	8	5	2	1

	2		7		5		4	
9								7
		8		1		2		
	9	7		3		6	8	
	1			8			2	
	8	4		2		5	9	
		6		9		4		
8								5
	4		8		6		3	

Today

27°/15°
Showers

Wednesday

23°/17°
Partly cloudy

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2013 CLEAROUT SPECIALS!

Rio4 SX with Navigation shown^ΔOptima SX Turbo shown^ΔSoul 4u Luxury shown^Δ

2013 RIO SEDAN

HWY (M/T): 5.3L/100KM
CITY (M/T): 6.9L/100KM

OWN IT FROM
\$80[≠]
BI-WEEKLY

AT
0%
APR

WITH
\$0
DOWN

INCLUDES **6** BI-WEEKLY PAYMENTS
ON US^Δ ON RIO ONLY

INCLUDED FEATURES:

6 Airbags • Satellite Radio
Anti-lock Brakes
Electronic Stability Control
Steering Wheel Mounted Audio Controls

Bi-weekly for 60 months, amortized over 84 months with **\$0 DOWN PAYMENT**. Offer includes delivery, destination, PPSA, fees and **\$900 6 BI-WEEKLY PAYMENTS ON US SAVINGS^Δ**. Offer based on 2013 Rio Sedan LX MT with a purchase price of \$15,429.

2013 OPTIMA

HWY (A/T): 5.6L/100KM
CITY (A/T): 8.6L/100KM

OWN IT FROM
\$124[≠]
BI-WEEKLY

AT
0%
APR

WITH
\$0
DOWN

INCLUDED FEATURES:

200 HP • Keyless Entry
Air Conditioning
Bluetooth[®] • Cooling Glove Box

Bi-weekly for 84 months with **\$0 DOWN PAYMENT**. Offer includes delivery, destination, PPSA, fees and **\$1,000 LOAN SAVINGS**. Offer based on 2013 Optima LX MT with a purchase price of \$23,629.

2013 SOUL

HWY (M/T): 6.5L/100KM
CITY (M/T): 8.1L/100KM

OWN IT FROM
\$99[≠]
BI-WEEKLY

AT
0%
APR

WITH
\$0
DOWN

INCLUDED FEATURES:

6 Airbags • Anti-lock Brakes
Electronic Stability Control
Bluetooth[®] • Heated Front Seats

Bi-weekly for 84 months with **\$0 DOWN PAYMENT**. Offer includes delivery, destination, PPSA, fees and **\$500 LOAN SAVINGS**. Offer based on 2013 Soul 1.6L MT with a purchase price of \$18,524.



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Brand
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The Power to Surprise

Offer(s) available on select new 2013/2014 models through participating dealers to qualified customers who take delivery by July 31, 2013. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. All offers are subject to change without notice. Vehicles shown may include optional accessories and upgrades available at extra cost. All pricing includes delivery and destination fees up to \$1,665, PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable) and excludes licensing, registration, insurance, and other taxes. Other lease and financing options also available. [≠]0% purchase financing is available on select new 2013/2014 Kia models O.A.C. Terms vary by model and trim, see dealer for complete details. ^ΔBi-weekly finance payment O.A.C. for new 2013 Optima LX MT (OPS410)/2013 Rio4 LX MT (ROS410)/2013 Soul 1.6L MT (SOS510) based on a selling price of \$23,629/\$15,429/\$18,524 is \$124/\$80/\$99 with an APR of 0% for 84/60/84 months, amortized over an 84-month period. Offer includes loan savings of \$1,000/\$0/\$500. Estimated remaining principal balance of \$0/\$475/\$0 plus applicable taxes due at end of 60-month period. Retailer may sell for less. See dealer for full details. [≠]6 Bi-Weekly Payments On Us offer is available on approved credit to eligible retail customers who finance or lease any new 2013 Rio from a participating dealer between July 3-31, 2013. Customers will receive a cheque in the amount of six payments (excluding taxes) to a maximum of \$300 per month or can choose up to \$900 reductions from the selling/lease price after taxes. See your dealer for complete details. Offer ends July 31, 2013. ^ΔModel shown MSRP for 2013 Optima SX Turbo AT (OP7480)/2013 Rio4 SX with Navigation AT (RO7480)/2013 Soul 2.0L 4u Luxury AT (SOT590) is \$35,550/\$23,450/\$27,345. ^{*} Highway/city fuel consumption is based on the 2013 Optima 2.4L GDI 4-cyl (A/T)/2013 Rio4 1.6L GDI 4-cyl (M/T)/2013 Soul 1.6L GDI 4-cyl (M/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the EnerGuide Fuel Consumption Guide. Your actual fuel consumption will vary based on driving habits and other factors. The Bluetooth[®] wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.